

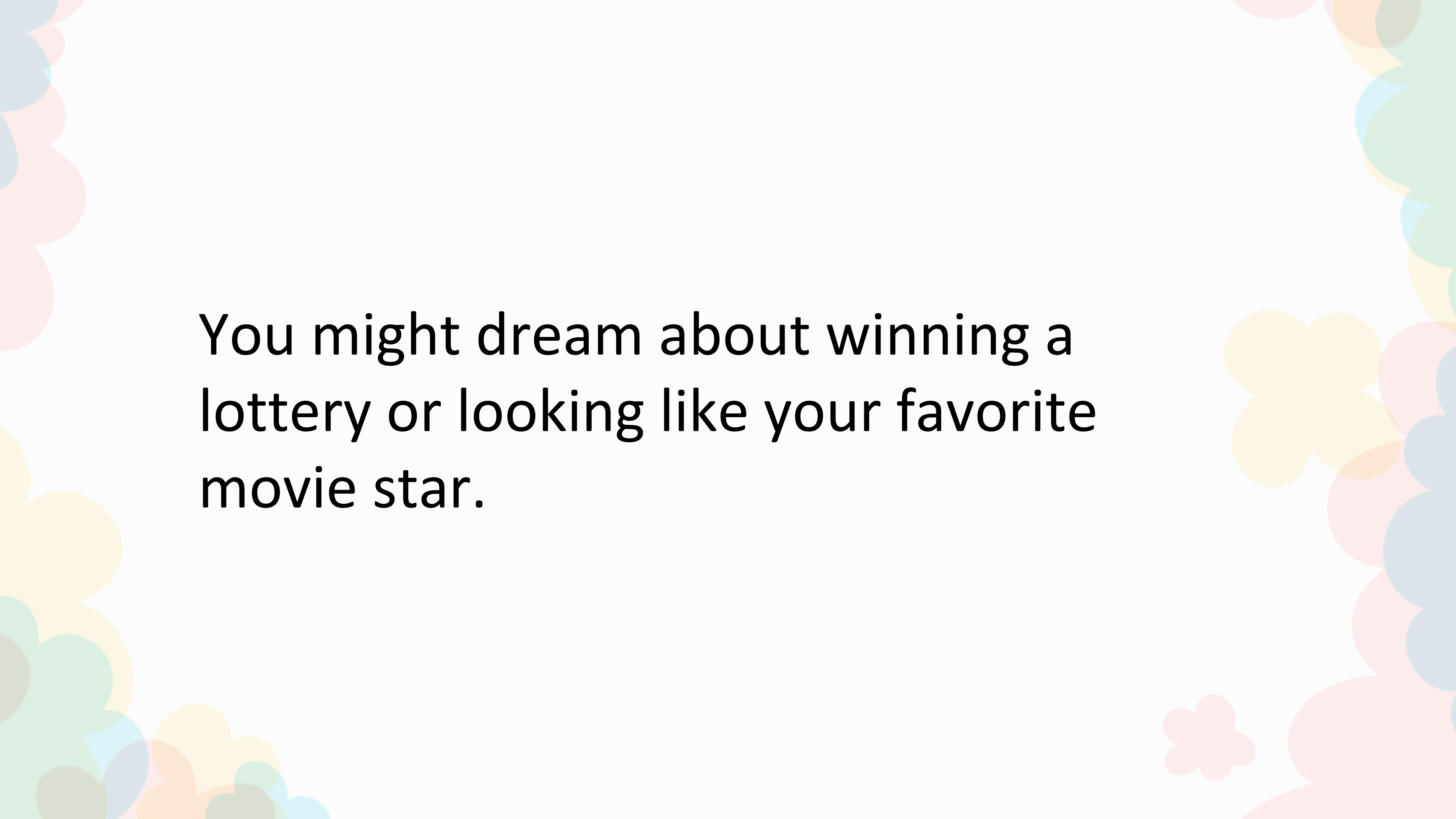
15

WAYS TO  
BE  
HAPPIER RIGHT NOW

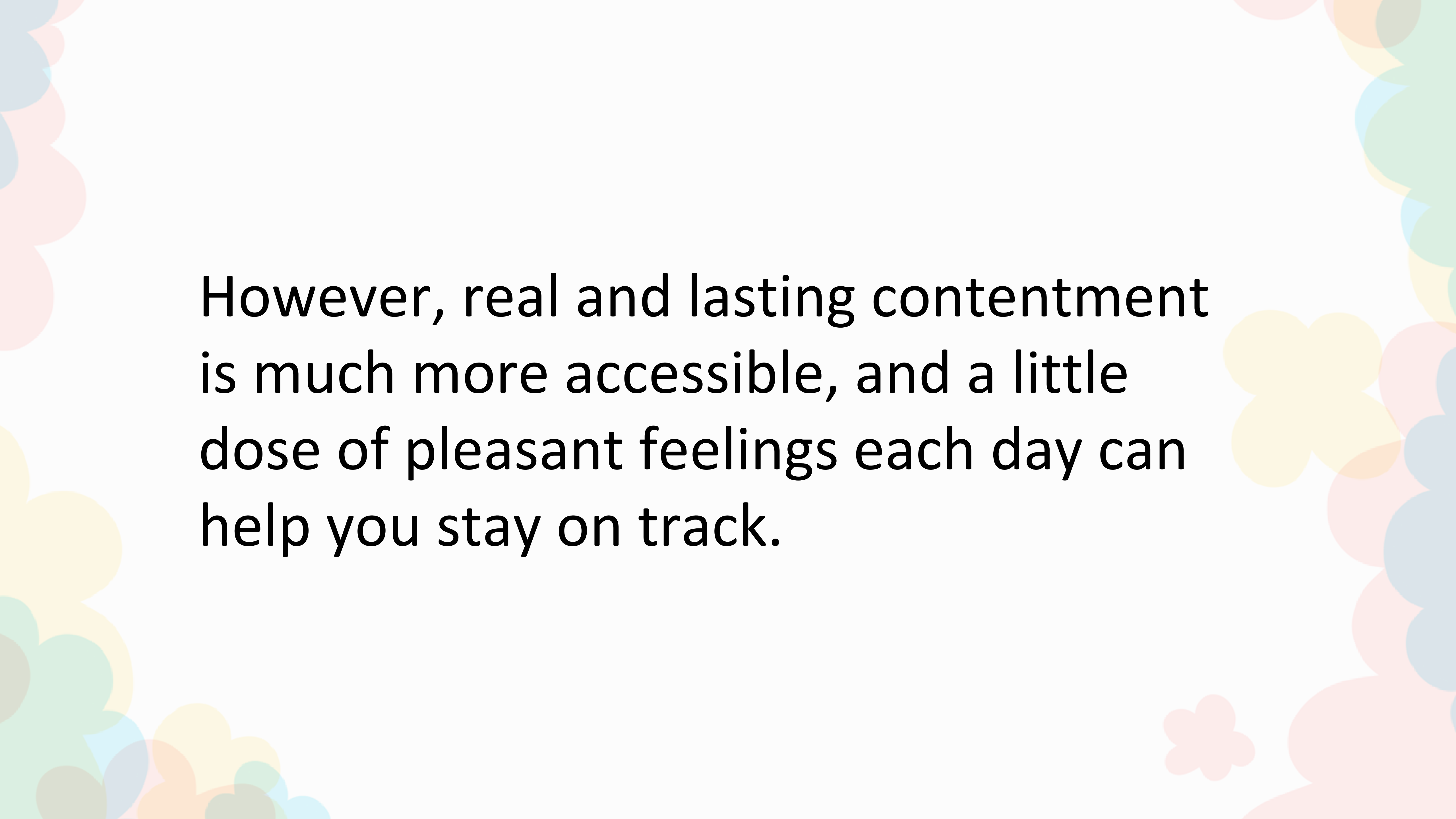




What would it take to make you happier  
in a hurry?



You might dream about winning a lottery or looking like your favorite movie star.

The background features a white central area with decorative elements on the sides. On the left and right edges, there are clusters of overlapping circles in various colors including light blue, light pink, light green, and light yellow. Additionally, there are stylized flower shapes, such as a yellow four-petaled flower on the right and a pink four-petaled flower at the bottom right.

However, real and lasting contentment is much more accessible, and a little dose of pleasant feelings each day can help you stay on track.

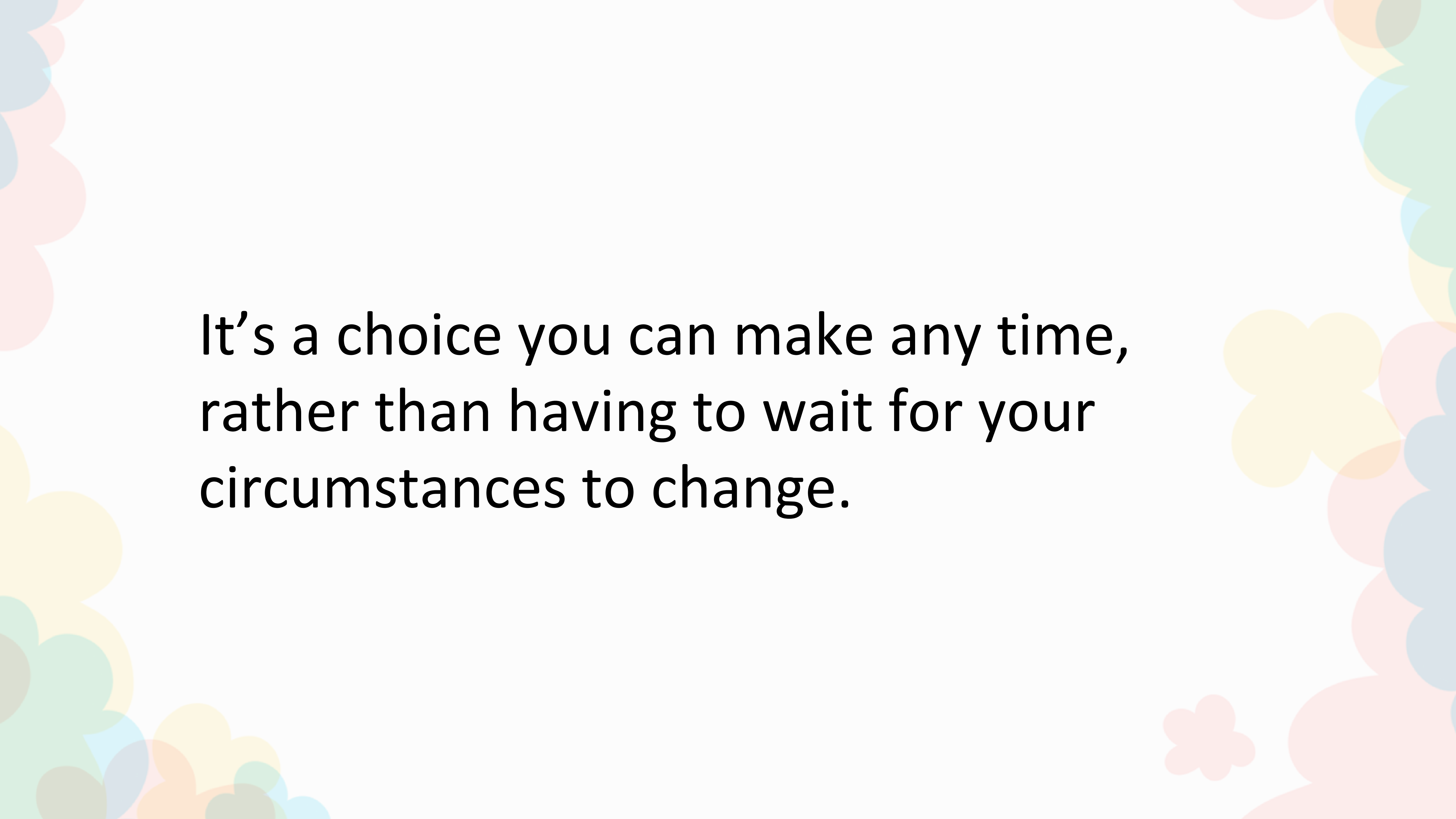


Try these 15 tips for boosting your happiness right now...



FINDING  
HAPPINESS  
ON YOUR  
OWN

Happiness starts from within.



It's a choice you can make any time,  
rather than having to wait for your  
circumstances to change.



Try these tips...

1. BE OPTIMISTIC.



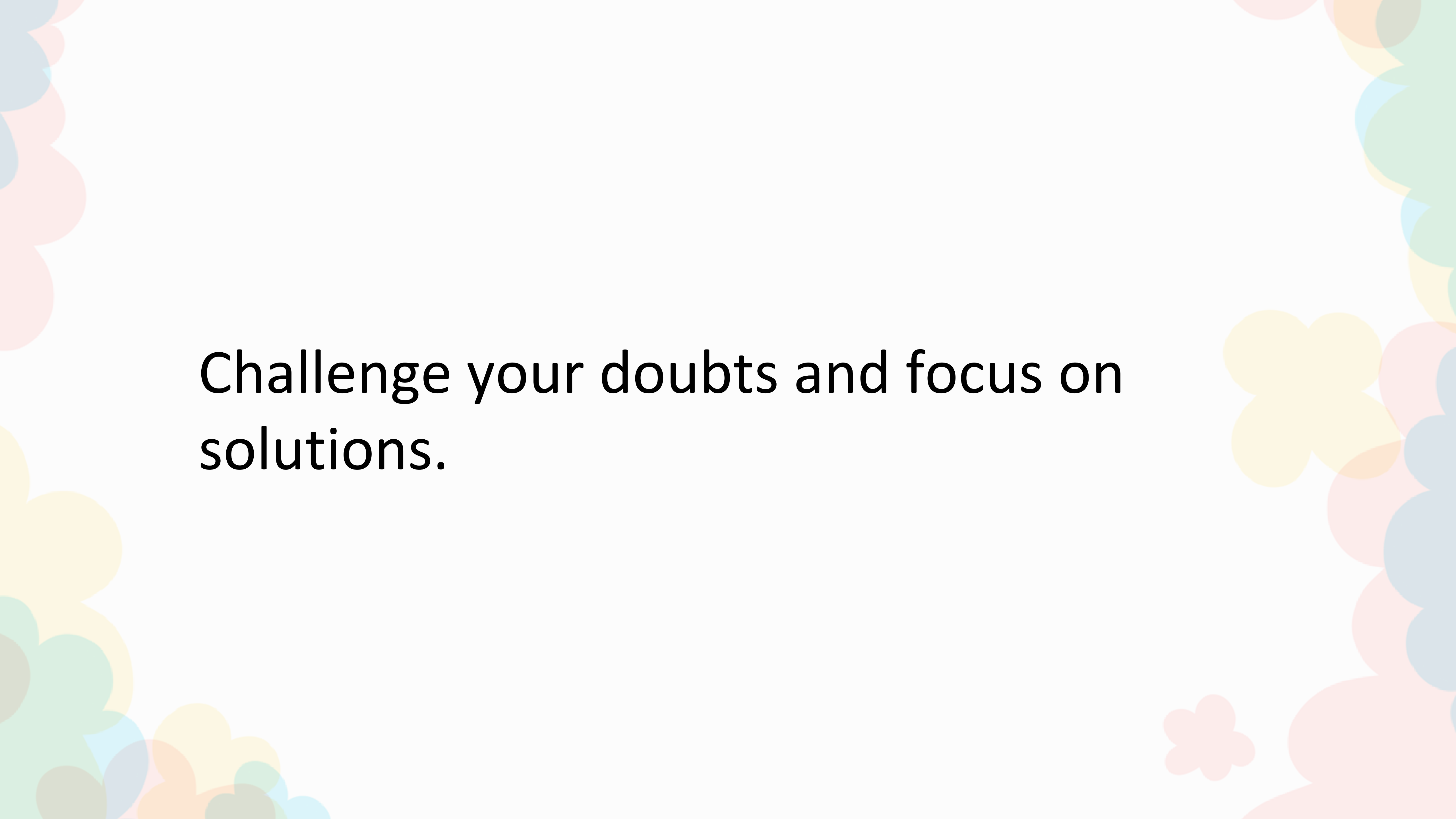


Remember that life is full of ups and  
downs.

Setbacks are temporary.



Take note of the fortunate events that happen each day.



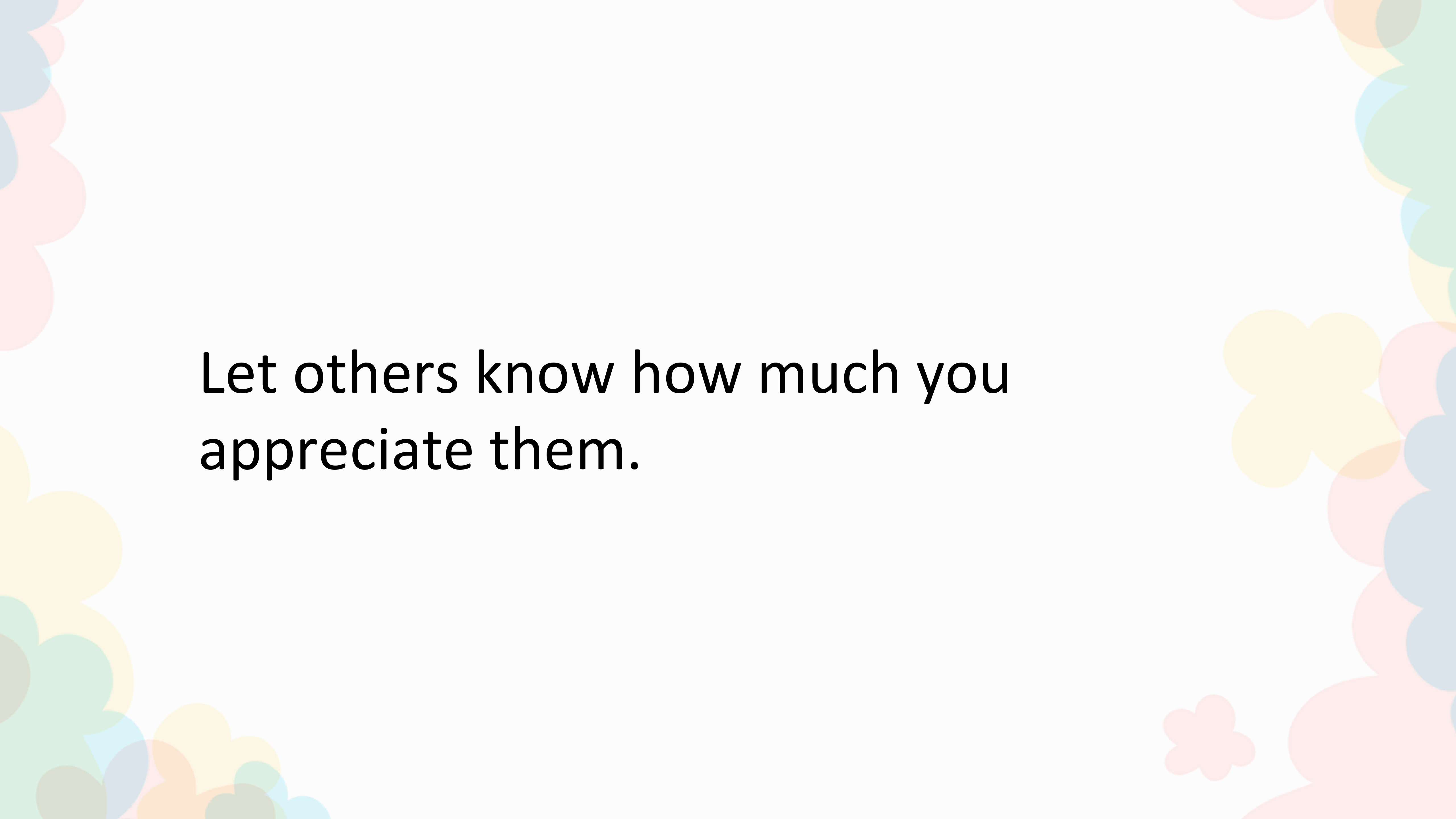
Challenge your doubts and focus on solutions.

## 2. CULTIVATE GRATITUDE.



Count your blessings.





Let others know how much you appreciate them.

The background features a white central area with decorative elements in the corners. The top-left and bottom-left corners are filled with overlapping circles in shades of light blue, light pink, light yellow, and light green. The top-right and bottom-right corners also feature overlapping circles in similar colors, with a small, light pink four-petaled flower shape located in the bottom-right area.

Thank your partner for taking out the  
garbage or making you laugh.

# 3. REST AND RELAX.





Sleep deprivation can make you irritable.



Have a consistent time to go to bed and  
get up.



Aim for 7-8 hours of good sleep each night.

4. WORK OUT.



Physical activity can lighten your mood.





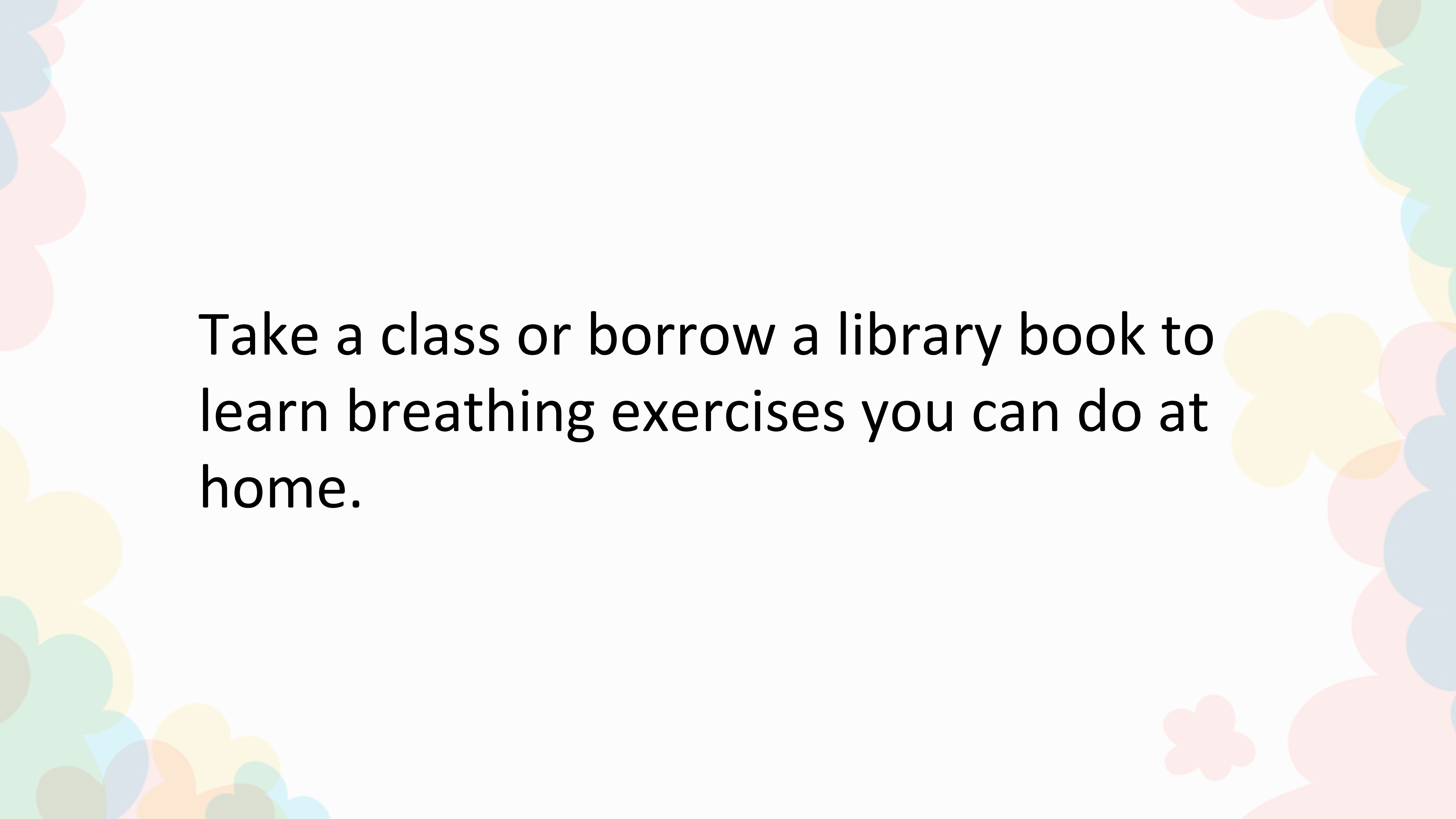
Visit the gym during your lunch hour or  
go for a run after work.

# 5. BREATHE DEEPLY.



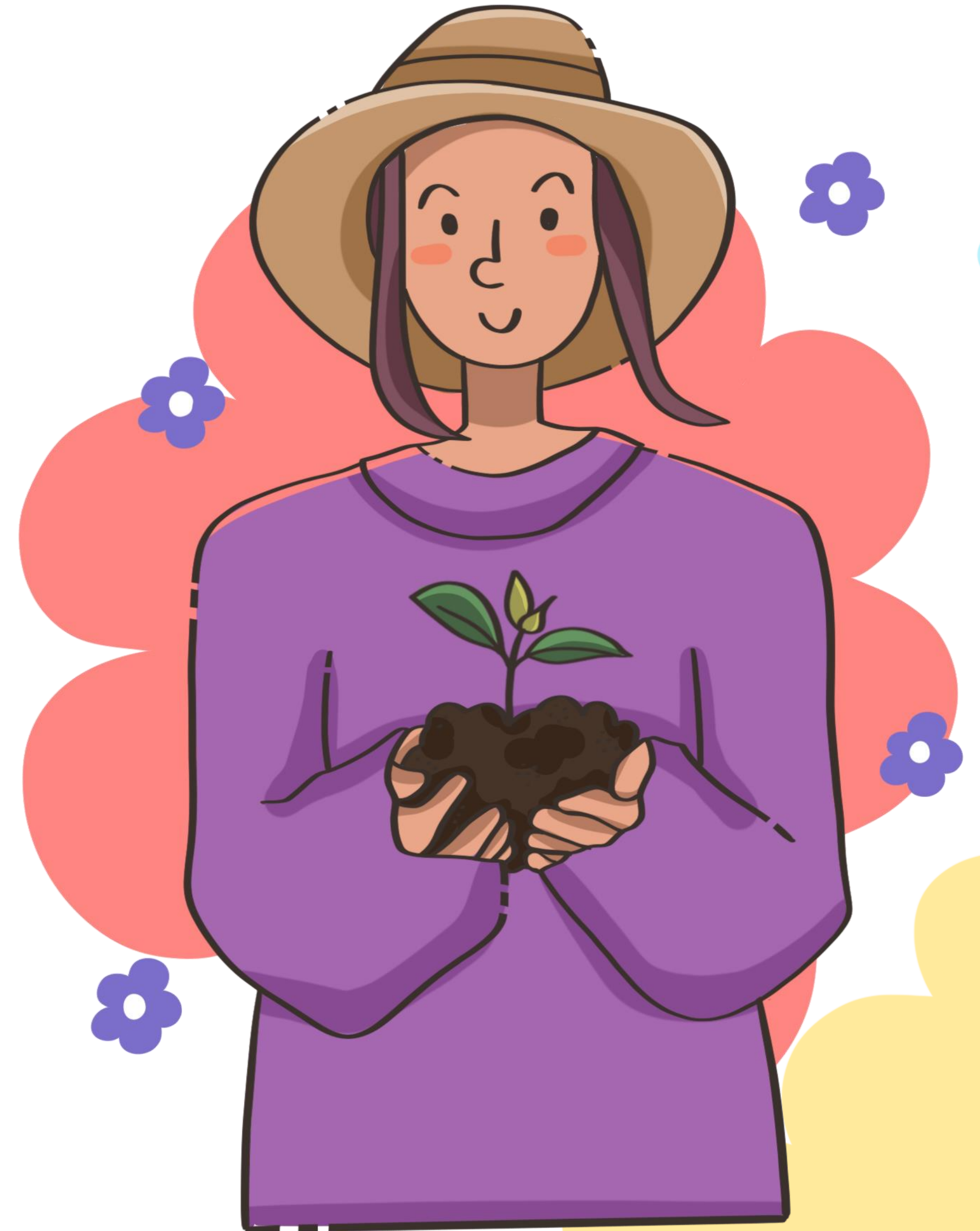


Deep breathing reduces stress and anxiety.



Take a class or borrow a library book to learn breathing exercises you can do at home.

# 6. APPRECIATE NATURE.





Green spaces can make you more cheerful.



Pack a picnic lunch to take to the beach  
or a local park.

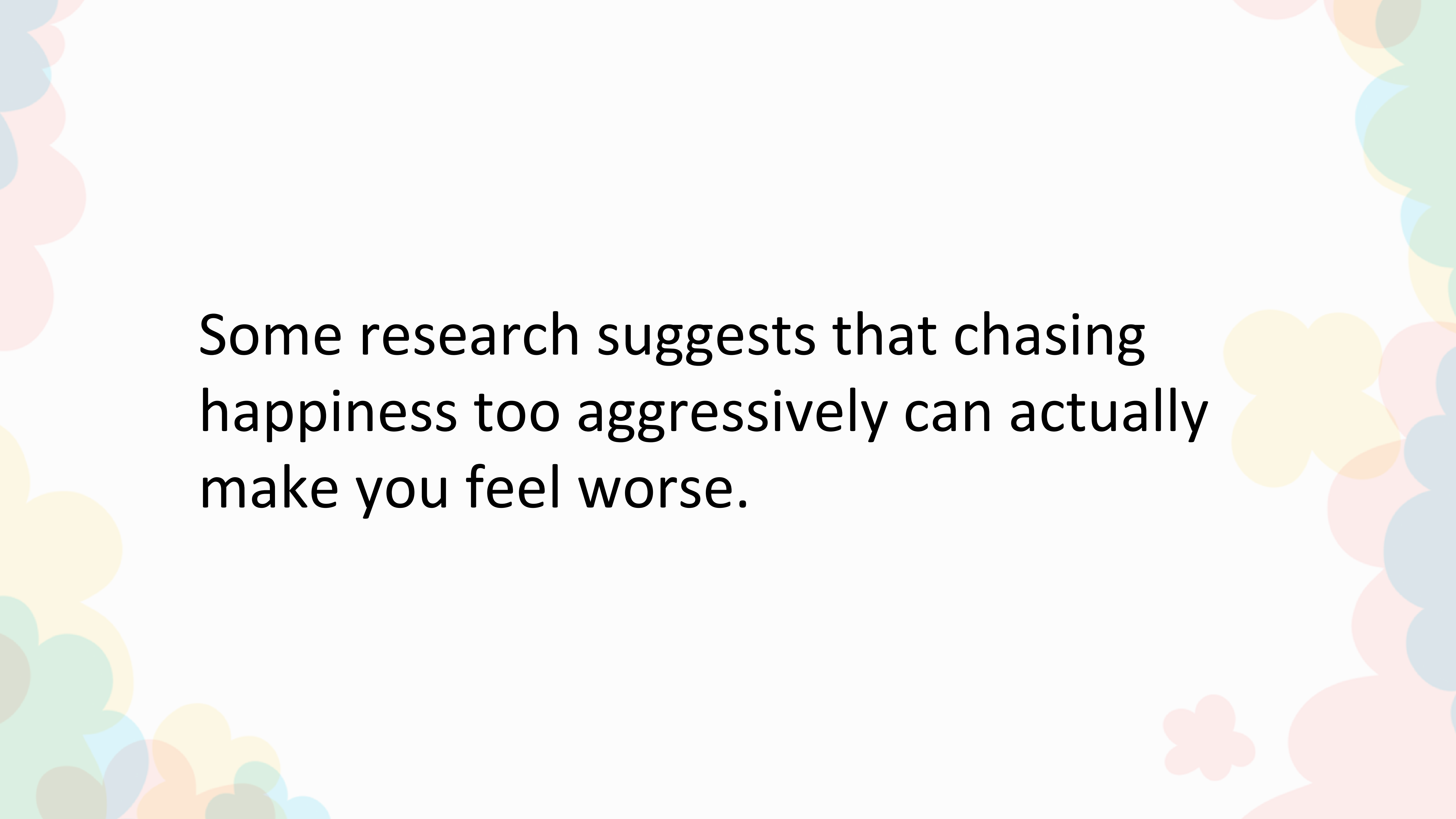


Spend your weekend hiking or bird watching.

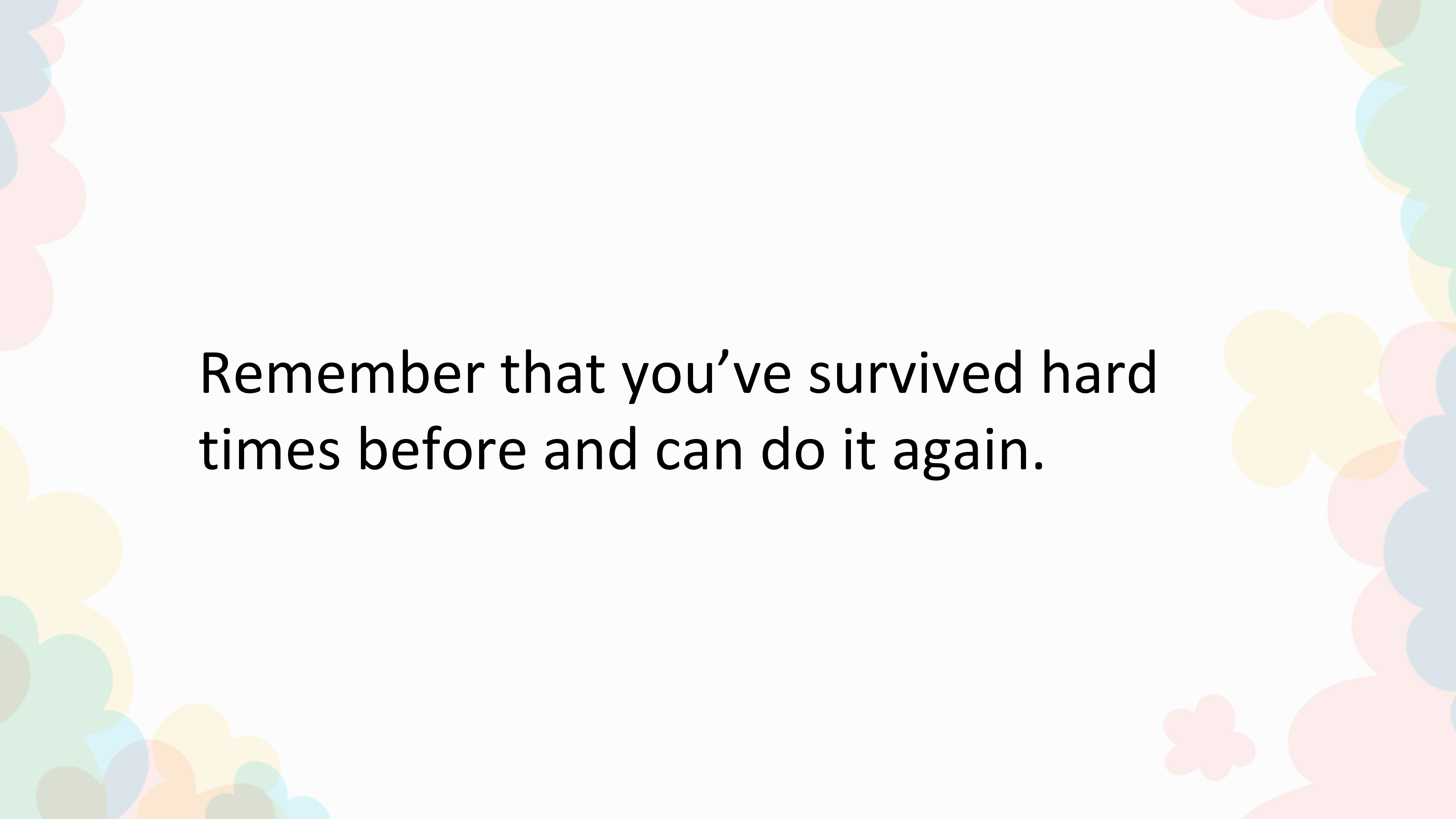


# 7. ACCEPT YOUR EMOTIONS.





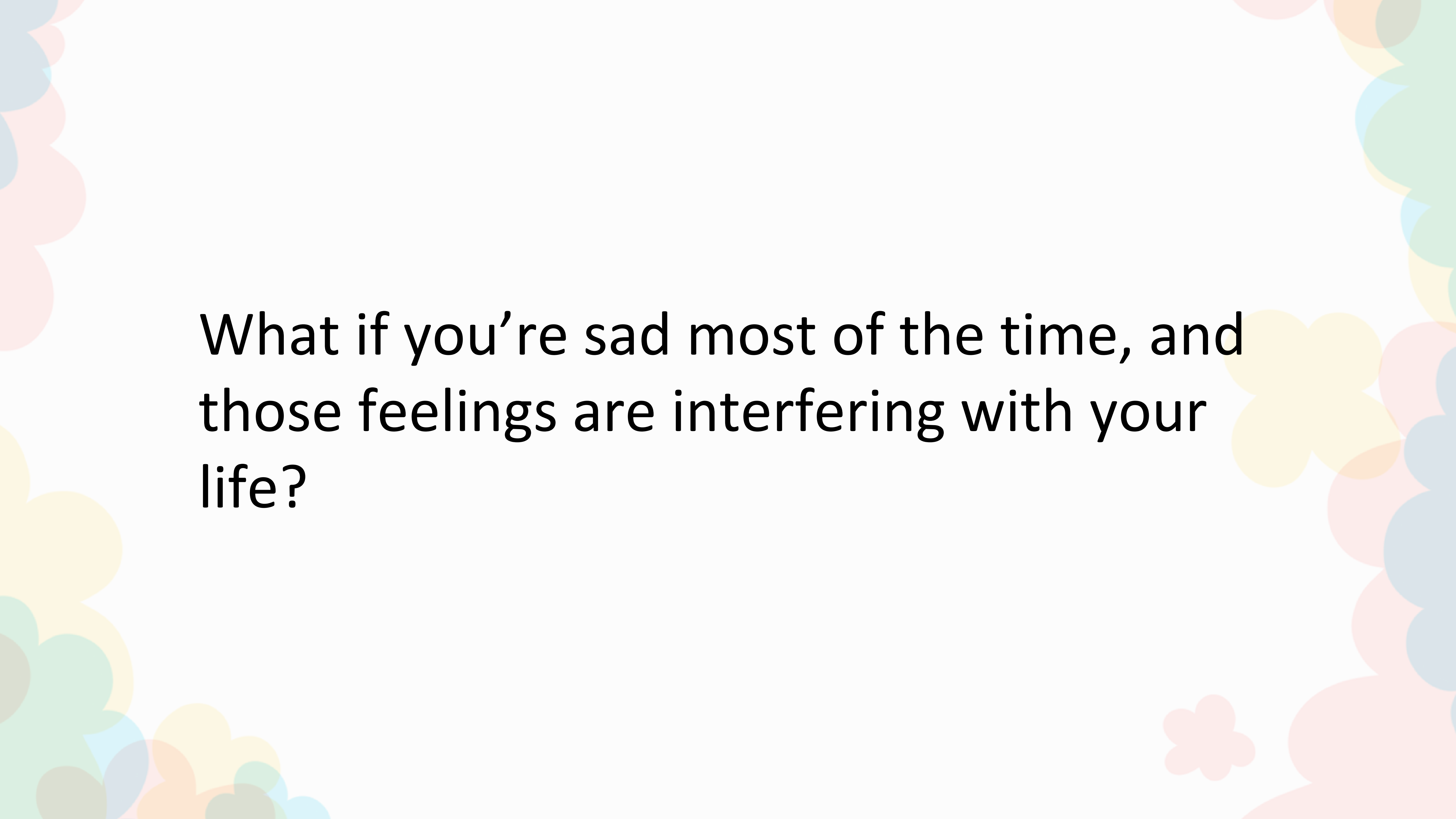
Some research suggests that chasing happiness too aggressively can actually make you feel worse.



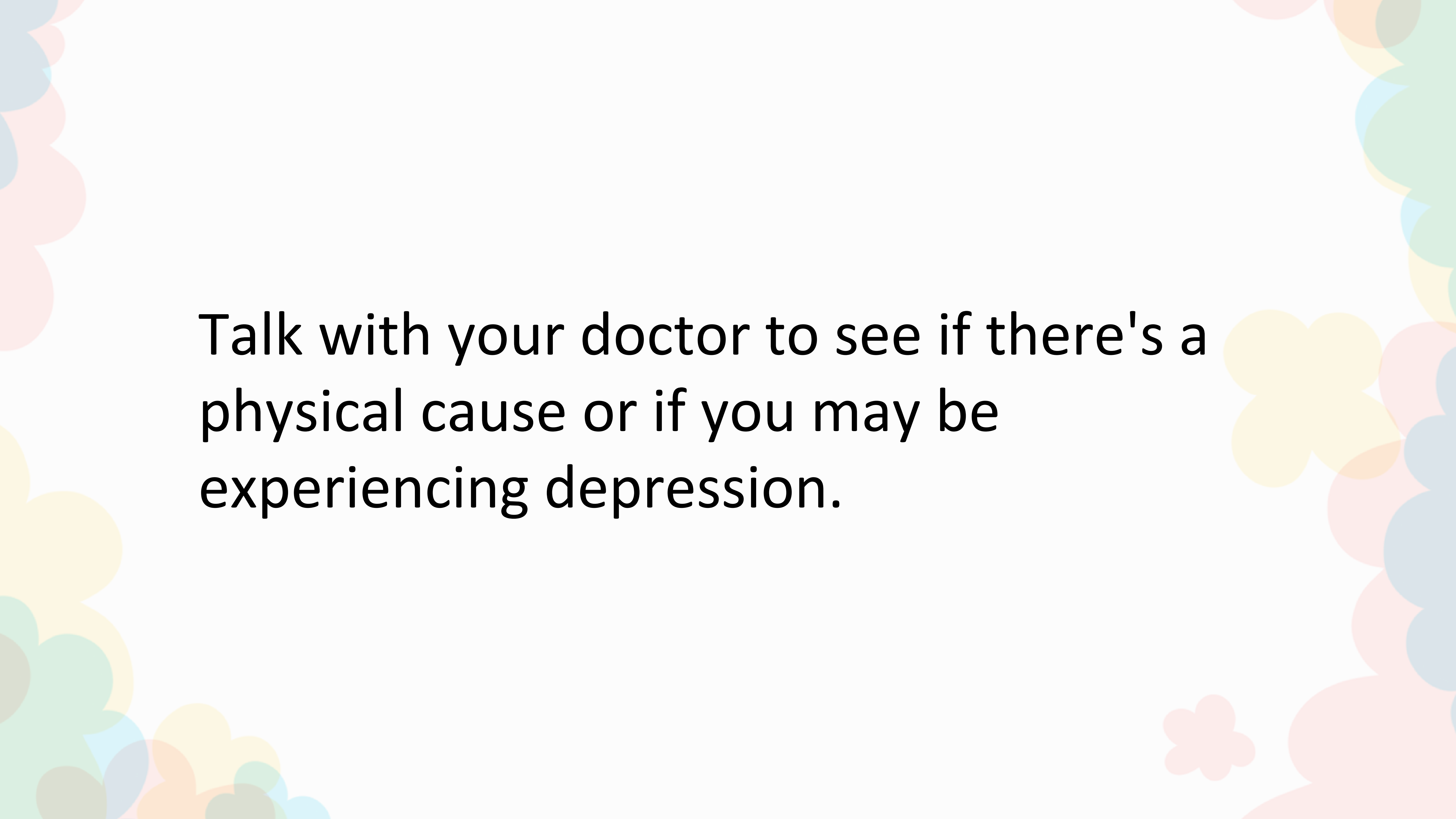
Remember that you've survived hard times before and can do it again.

# 8. CONSIDER COUNSELING.





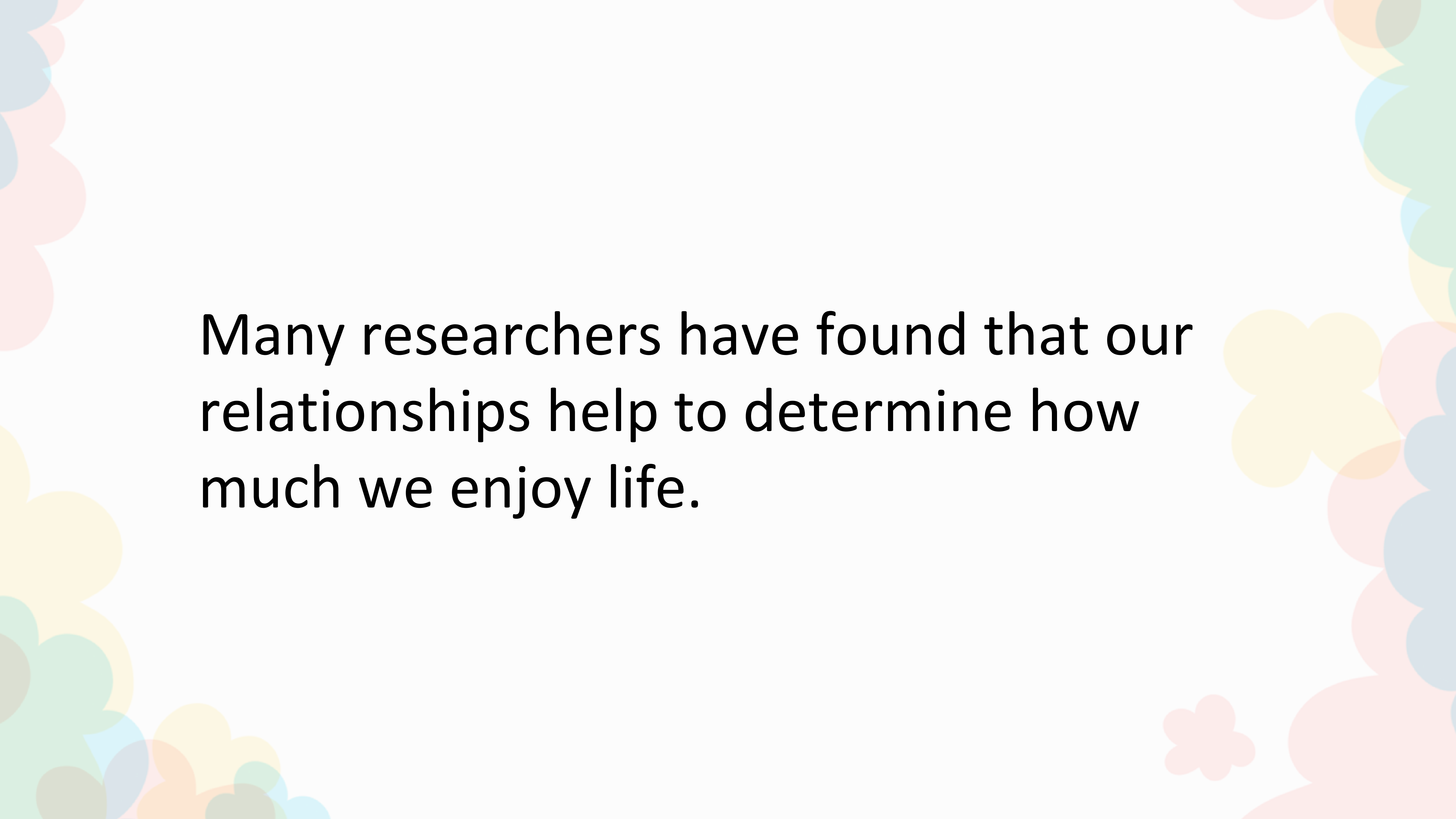
What if you're sad most of the time, and those feelings are interfering with your life?

The background features a white central area with decorative elements in the corners. The top-left and bottom-left corners are filled with overlapping circles in shades of light blue, pink, and yellow. The top-right and bottom-right corners feature stylized flowers in shades of yellow, pink, and light blue, also overlapping with circles.

Talk with your doctor to see if there's a physical cause or if you may be experiencing depression.

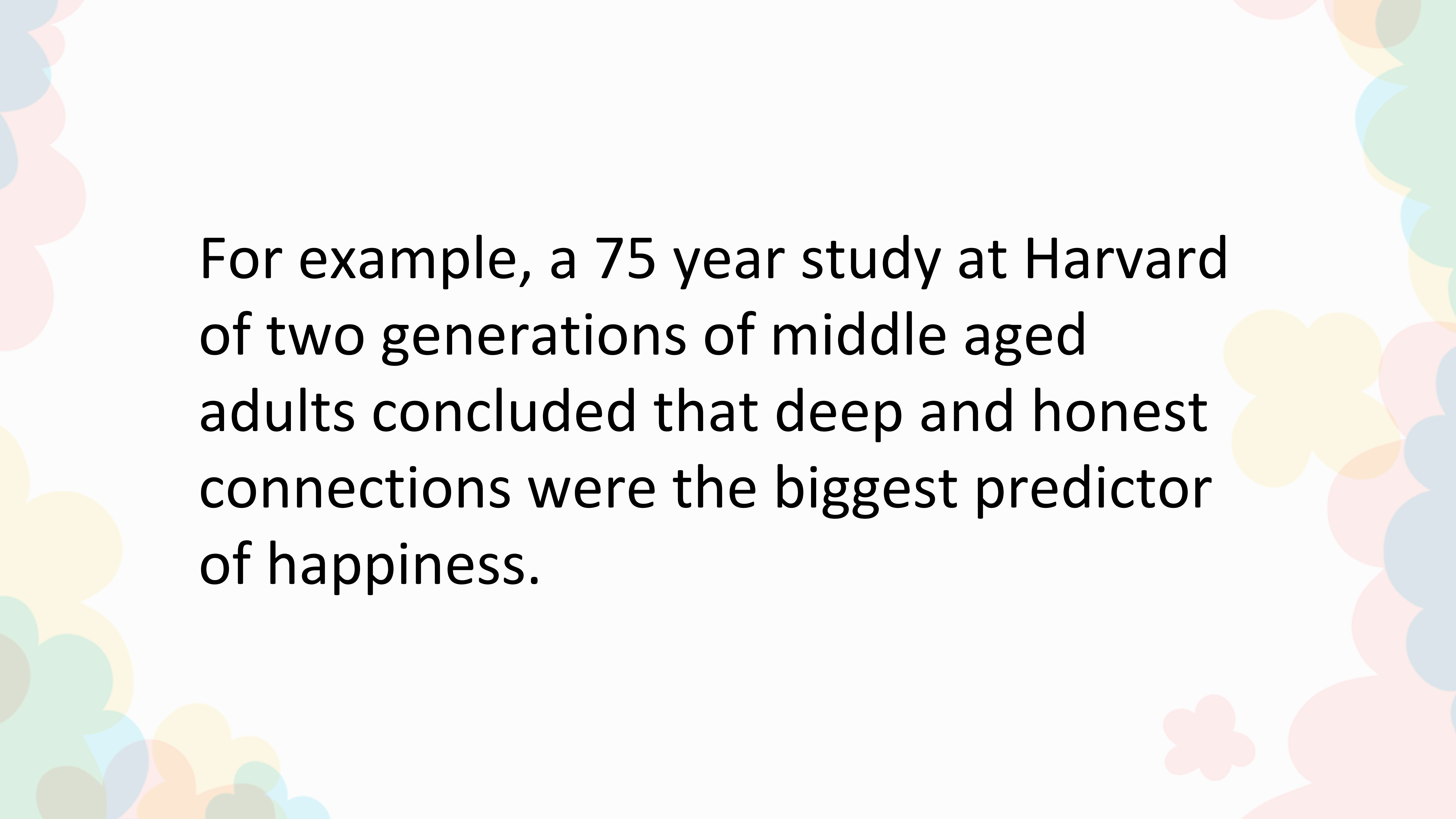


FINDING  
HAPPINESS  
WITH  
OTHERS



Many researchers have found that our relationships help to determine how much we enjoy life.



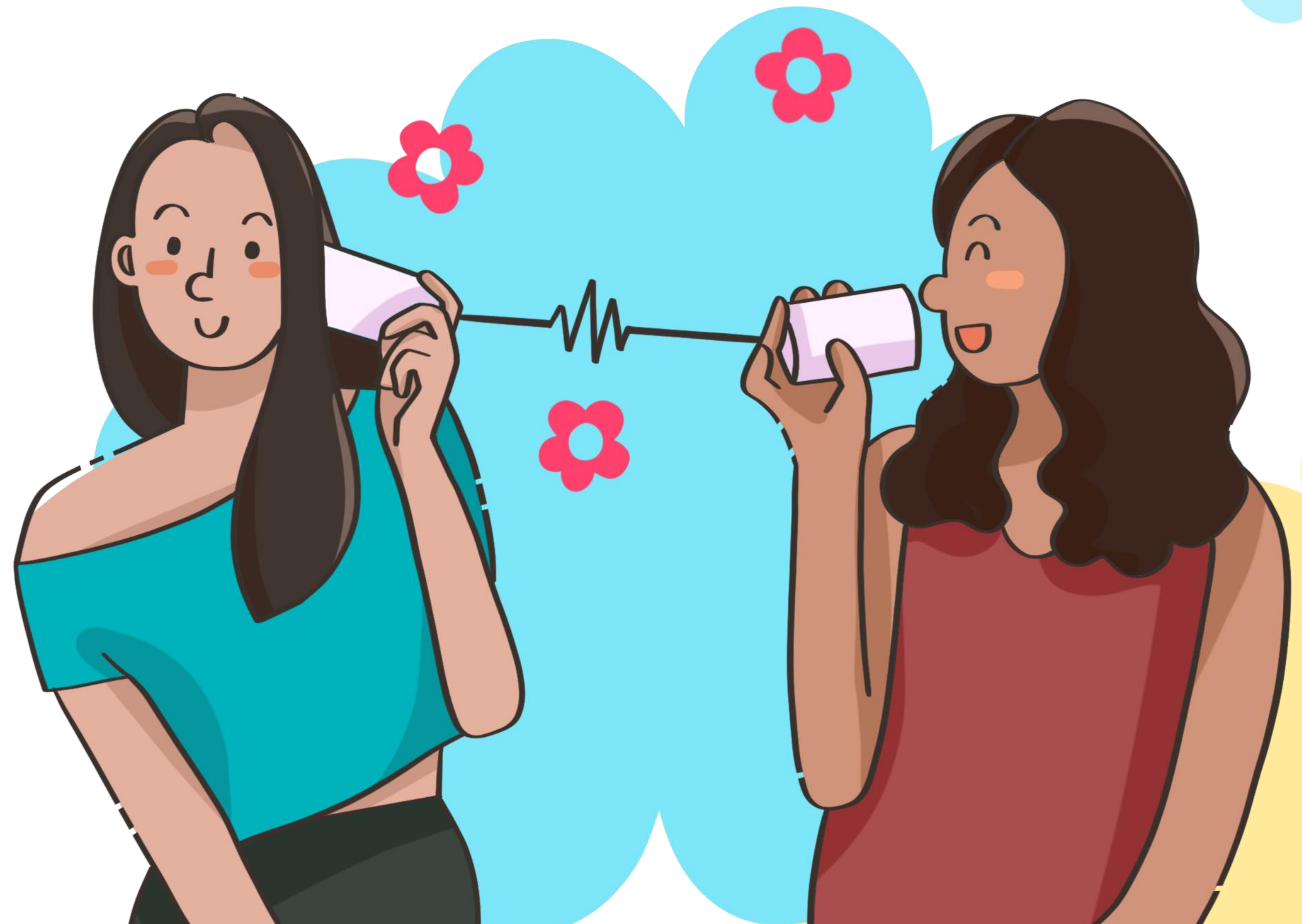


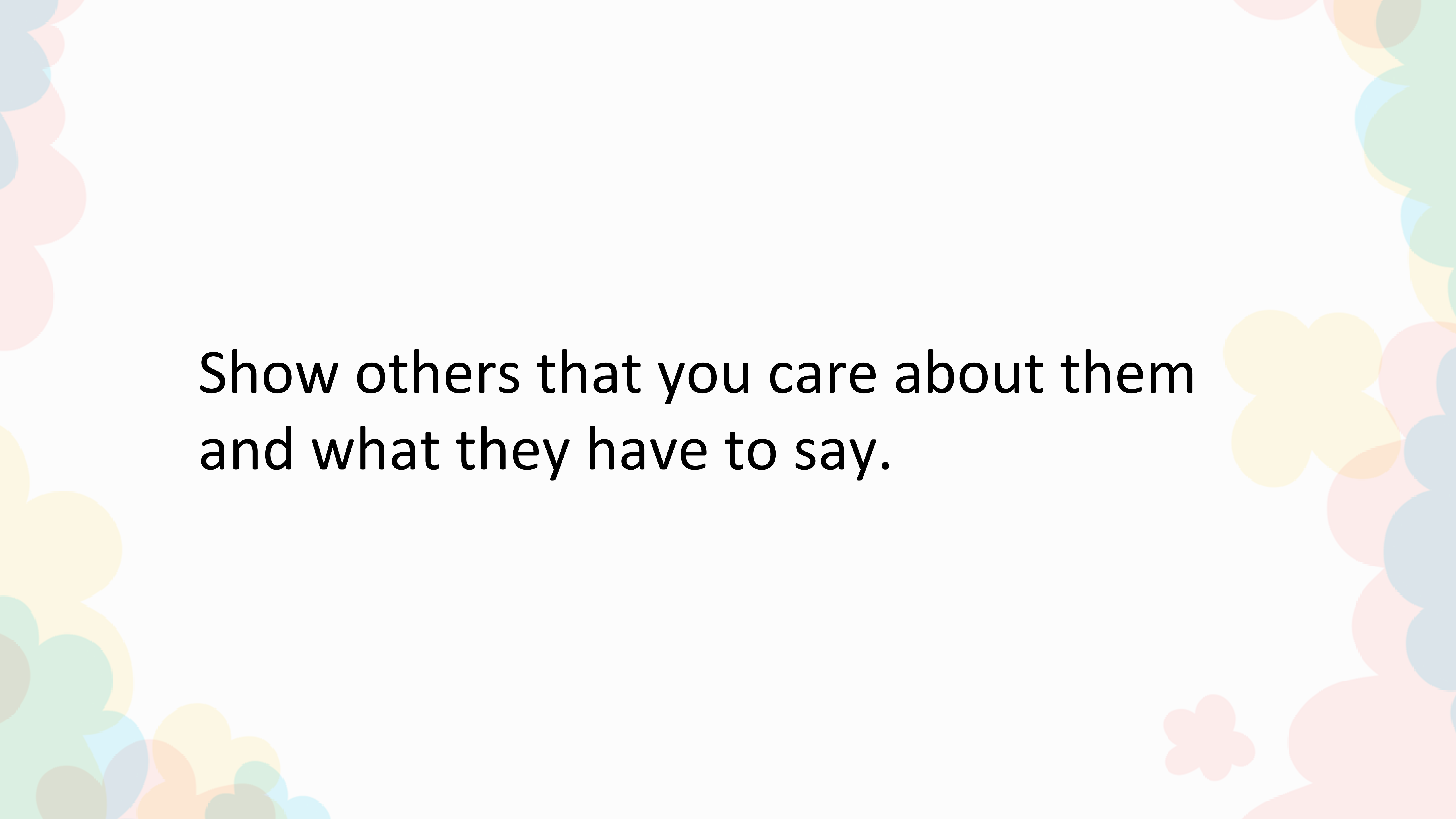
For example, a 75 year study at Harvard of two generations of middle aged adults concluded that deep and honest connections were the biggest predictor of happiness.



Keep these ideas in mind...

# 1. LISTEN CLOSELY.





Show others that you care about them  
and what they have to say.



Give them your undivided attention  
instead of looking at your phone.

## 2. COMMUNICATE OPENLY.





Express your thoughts and feelings  
tactfully and directly.



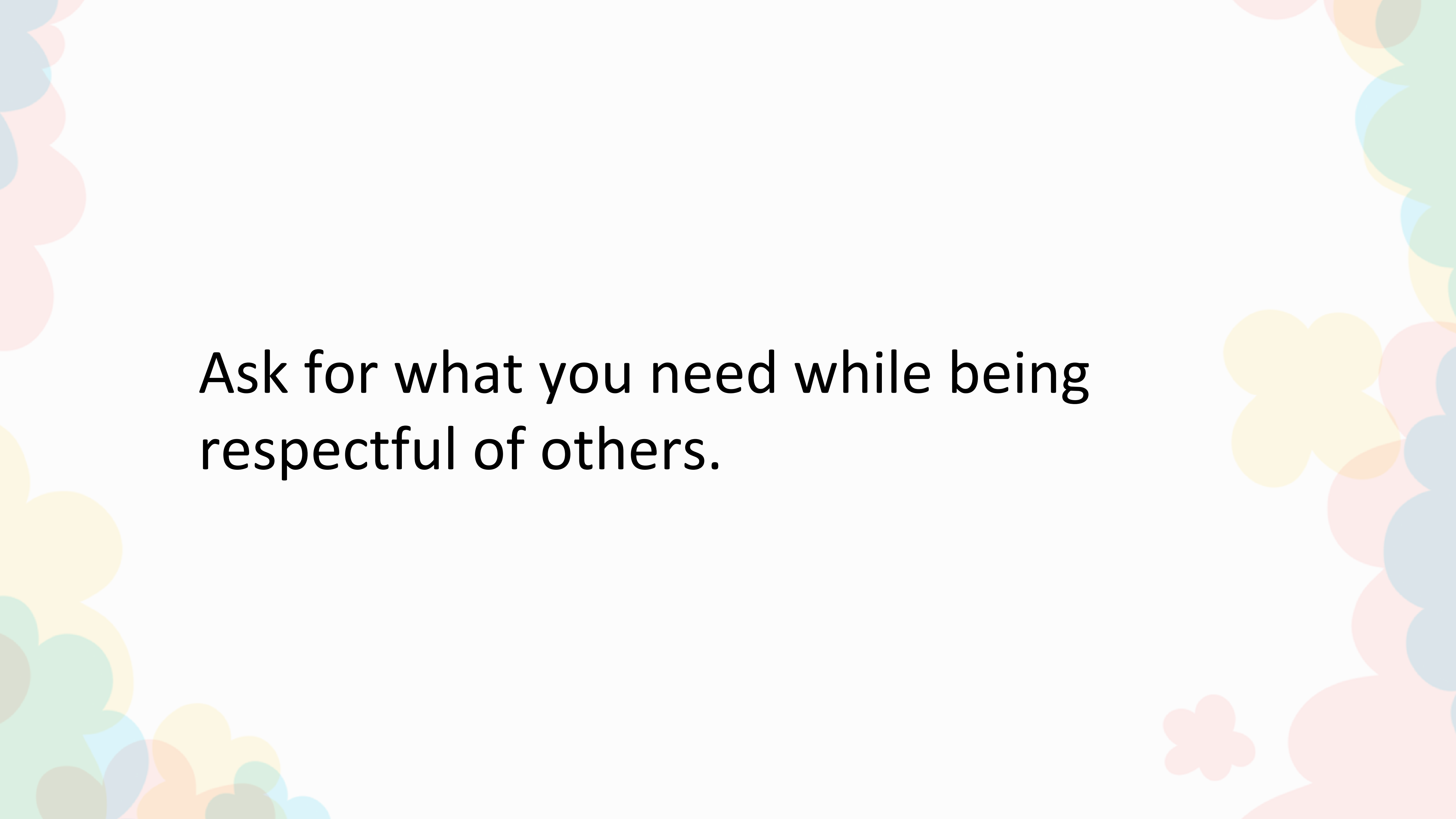
Be patient and flexible, especially when you're discussing sensitive subjects.



# 3. ADVOCATE FOR YOURSELF.



**Be assertive.**

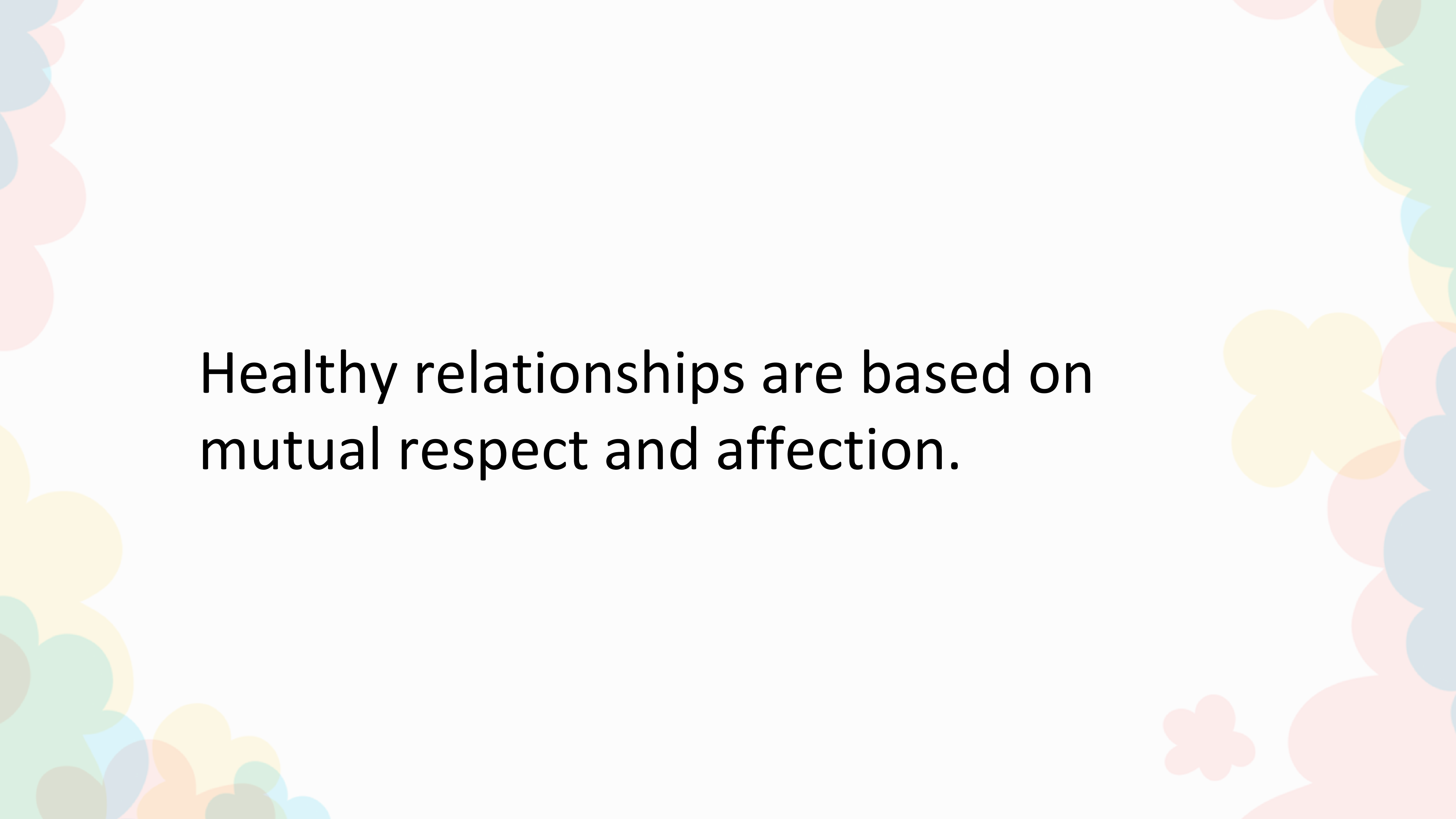


Ask for what you need while being respectful of others.

**Stay calm and uphold your boundaries.**

# 4. SHARE SUPPORT.

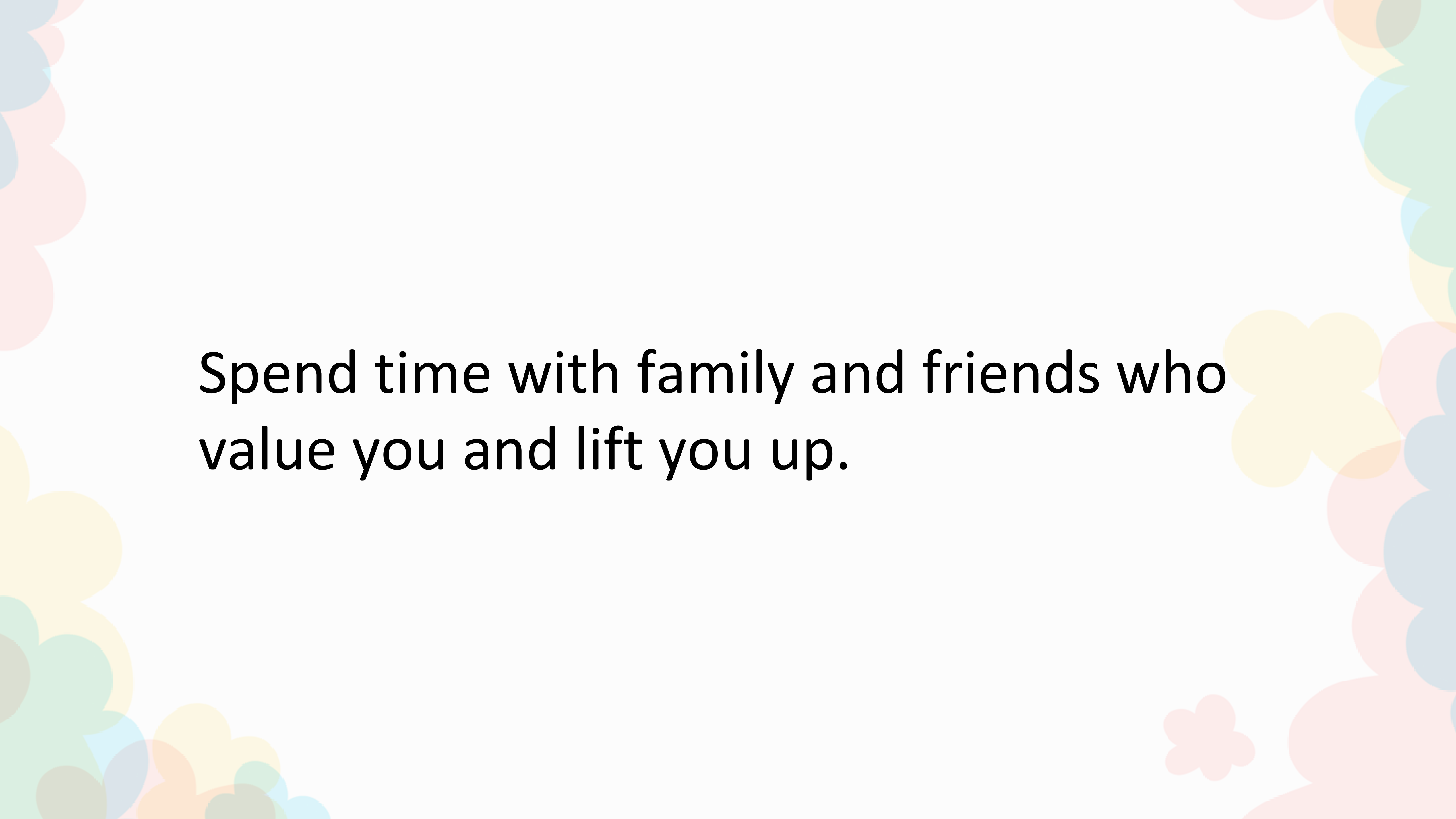




Healthy relationships are based on mutual respect and affection.



Treat others with kindness and  
compassion.

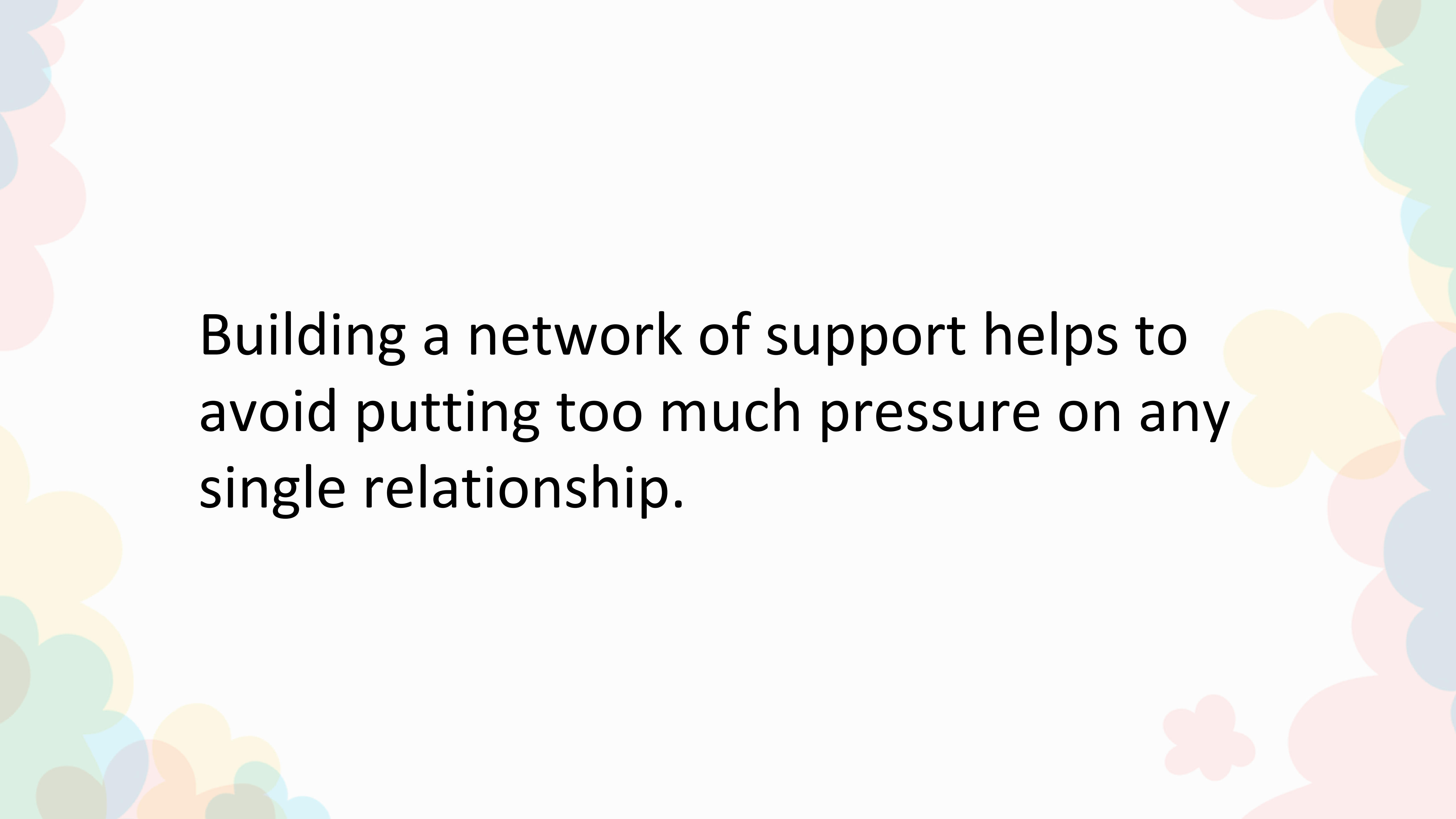


Spend time with family and friends who  
value you and lift you up.

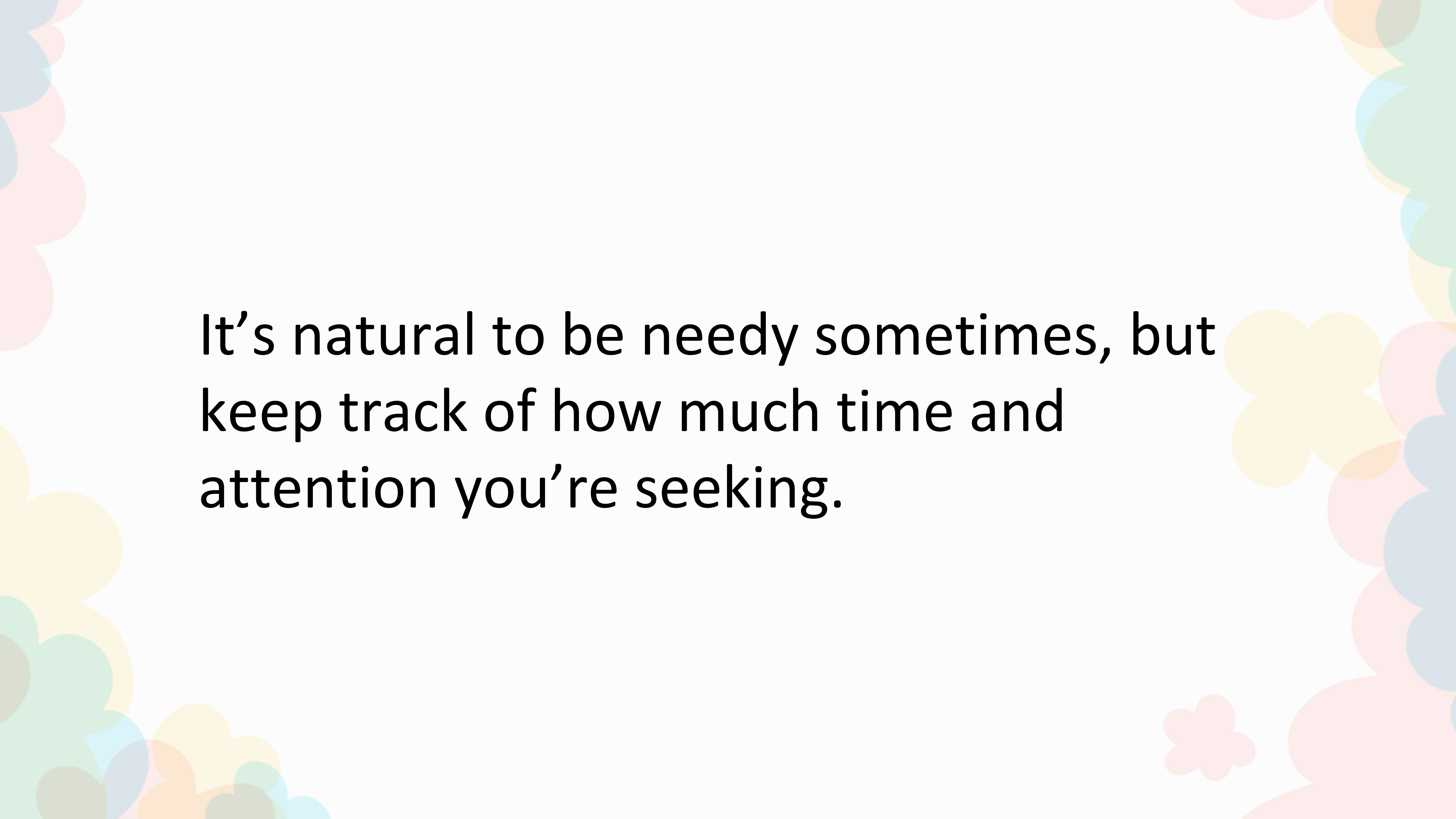


# 5. SET REALISTIC EXPECTATIONS.





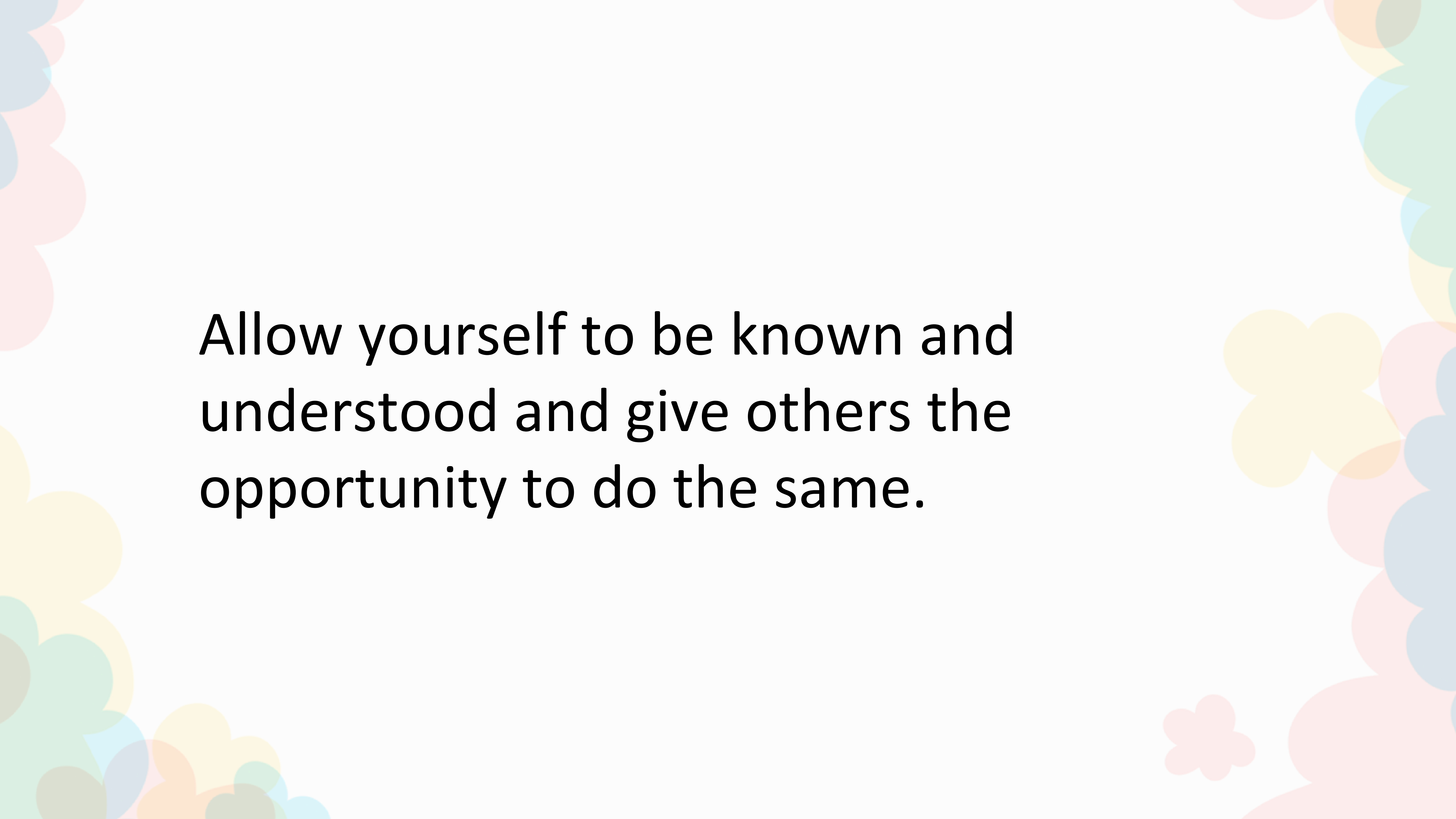
Building a network of support helps to avoid putting too much pressure on any single relationship.



It's natural to be needy sometimes, but keep track of how much time and attention you're seeking.

**6. BE AUTHENTIC.**





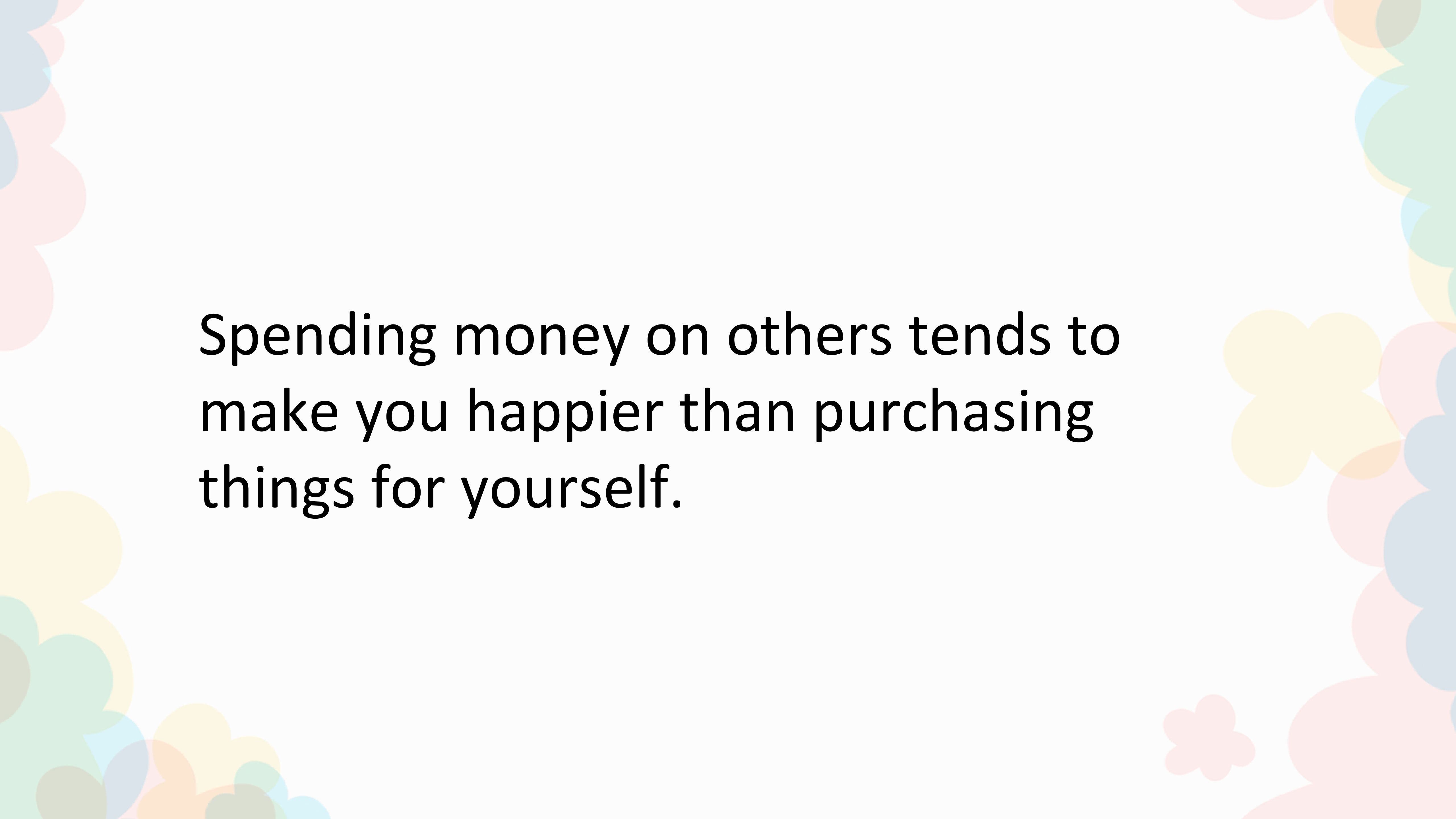
Allow yourself to be known and understood and give others the opportunity to do the same.



Live your life according to your own values and beliefs.

# 7. BUY GIFTS.





Spending money on others tends to make you happier than purchasing things for yourself.

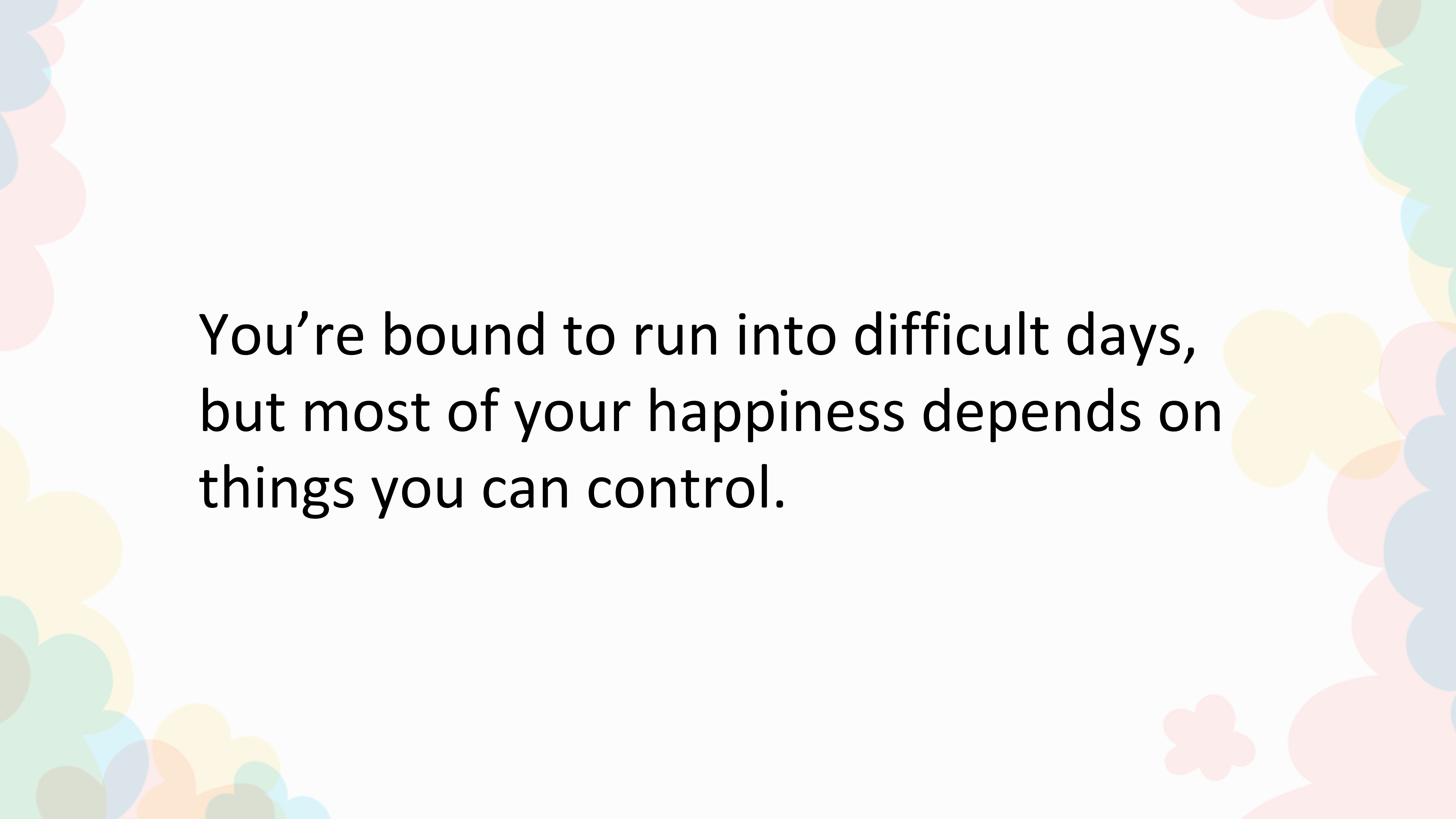


Throw parties for your friends.

Donate to worthy causes.



**BE HAPPY!**



You're bound to run into difficult days,  
but most of your happiness depends on  
things you can control.



Think positive and spend time with your loved ones.



You'll make your life more joyful and meaningful.